

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 2 • February 2015

A Message from

Lois Mikkila

Director, Howard County
Department of Citizen Service



Last month's Senior Connection included an update on our planning efforts to ensure that Howard County continues to be a great place to age far into the future. While we're looking forward to releasing the report in the coming weeks, we are not waiting to begin thinking about what's next!

One of the major opportunities for our Office on Aging is broadening the role of the 50+ and senior centers. They already provide a wide range of activities for all ages. The upcoming opening of the Annex space in Ellicott City will offer our first fitness center and a broader, more flexible, schedule of exercise classes along with expanded lifelong learning programs. The design and development of a new center in Elkridge will give us the chance to take programming there to a new level, too.

We are looking at how we can use our network of centers to make more services easily accessible. We've already started working on the technology upgrades that will allow us to have our MAP staff work from the centers, making it easy to have in-person consultations on community resources. And we want to explore the benefits of being on the broadband network – like having telemedicine available for visitors to the centers. We see limitless potential for the senior centers of the future!

It's also clear that caregiver supports and support to age in community are going to become even more critical in the years ahead. We're looking at how we can expand the services we already provide, and design innovative new approaches, to meet those growing needs.

One thing won't be changing, though: the Office on Aging's commitment to serving older adults and adults with disabilities, ensuring you have the resources you need to grow, thrive, and live with dignity. You can *always* count on that!

Building a Fit Brain Series Begins in March

Dr. Majid Fotuhi, MD, Ph.D., an internationally recognized expert on memory and Alzheimer's disease, will once again partner with the Howard County Office on Aging to offer a series of presentations beginning in March, called "Building a Fit Brain." Dr. Fotuhi is the founder of the NeurExpand Brain Center, a neurology practice that focuses on improving memory and cognitive function. He was early to recognize that there are factors in our lives that we can control to help reduce the risk of memory decline and possibly even Alzheimer's.

Throughout the series of six free presentations, Dr. Fotuhi will discuss how making simple changes in your diet, lifestyle, and sleeping habits can make a lasting difference to your brain for years to come. Topics for the series include:

Role of Sleep

March 5, 10 a.m. • East Columbia 50+ Center

Role of Stress & Mindfulness

March 12, 10 a.m. • North Laurel 50+ Center

Six Steps to a Better Brain

March 13, 1 p.m. • Glenwood 50+ Center

Role of Brain Games

March 19, 1 p.m., Elkridge Senior Center

Role of Exercise

March 26, 10 a.m., Bain Center

June 11, 1 p.m., Ellicott City Senior Center

"Offering programs like this is just one way our senior centers can help Howard County's older adult population continue to remain vital and vibrant throughout the aging process," said Barbara Scher, Senior Center Division Manager for the Office on Aging.



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

We welcome your comments and suggestions. Contact us, or join our subscriber list at seniorconnection@howardcountymd.org

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Find us on  www.facebook.com/HoCoCitizen

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2015 AARP Foundation Tax-Aide Sites

AARP Foundation Tax-Aide, in conjunction with the IRS, offers free assistance to low and moderate income taxpayers, with special attention to those 60 and older. Appointments are required; call to schedule yours today.

For a list of documents you need, visit www.aarp.org/taxaide

Bain Center

5470 Ruth Keeton Way, Columbia, MD 21044

410-313-7387

FEBRUARY 2 thru APRIL 15

Mondays & Tuesdays, 11 a.m. to 4 p.m.

Wednesdays, 8:30 a.m. to 1 p.m.

Thursdays, 11 a.m. to 8 p.m. (selected)

Fridays, 8:30 a.m. to 1 p.m.

Saturdays, 8:30 a.m. to 1 p.m. (selected)

East Columbia 50+ Center

6600 Cradlerock Way, Columbia, MD 21045

410-313-7680

FEBRUARY 18 and MARCH 4, 18

Wednesdays, 9 a.m. to noon

(Snow Date: April 1)

Elkridge Senior Center

6540 Washington Blvd., Elkridge, MD 21075

410-313-5192

FEBRUARY 4, 11, 25 and MARCH 11, 25

Wednesdays, 9 a.m. to noon

(Snow Date: April 1)

Ellicott City Senior Center

9401 Frederick Road, Ellicott City, MD 21042

410-313-1400

FEBRUARY 2 thru APRIL 15

Tuesdays, 5 to 9 p.m.

Glenwood 50+ Center

2400 Route 97, Cooksville, MD 21723

410-313-5440

FEBRUARY 5 thru APRIL 15

Thursdays, 9:15 a.m. to 12:15 p.m.

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel, MD 20723

410-313-0380

FEBRUARY 3 thru APRIL 15

Tuesdays, 9 a.m. to 1 p.m.

Wednesdays, 1 to 5 p.m.

APRIL 1-15

Thursdays, 1 to 5 p.m.

Fridays, 9 a.m. to 1 p.m.

5 Tips to Make YOUR Tax Time Less Taxing

Helpful advice for smoother sailing during tax preparation courtesy of the Howard County Office of Consumer Affairs

- 1) **CHECK OUT YOUR PREPARER.** All tax preparers, whether working individually or as part of a national tax preparation chain, must be licensed by the Maryland Department of Labor, Licensing, and Regulation. Make sure your preparer is properly licensed by going to DLLR's web site: <http://www.dllr.state.md.us/pq/>. In addition, ask preparers for their required Preparer Tax Identification Numbers or PTINs before agreeing to pay for their services.
- 2) **ASK ABOUT FEES.** Some tax preparers do not fully disclose all their fees up front. To avoid surprises, ask for a list of all charges and potential fees before your taxes are prepared.
- 3) **AVOID REFUND ANTICIPATION LOANS.** Many tax preparers offer to provide your refund immediately in the form of a refund "loan" (sometimes also called Refund Anticipation Check). If you take this option, however, fees and interest on that loan will be deducted from your refund. Instead, choose to get your refund directly deposited into your bank account. The deposit is usually made in just a few days, and you will get the full amount of your refund.
- 4) **FILE EARLY.** Identity thieves try to steal money from the IRS by filing returns using stolen social security numbers. This also results in a lot of hassle and delayed refunds for tax payers. By filing early, you can reduce the odds of becoming a victim.
- 5) **GET HELP.** If you made less than \$53,000 in 2014 and need assistance with tax preparation and filing, the Howard County non-profit, Making Change, offers free tax preparation services through its Volunteer Income Tax Assistance (VITA) Program. Visit www.makingchangecenter.org, or call 410-880-5917 for details. You can also get assistance from the AARP Tax-Aide Program (see article, above or visit www.aarp.org/taxaide for more information).

For more information on this and other consumer topics, contact the Office of Consumer Affairs at 410-313-6420 (VOICE/RELAY) or visit www.howardcountymd.gov/consumer.

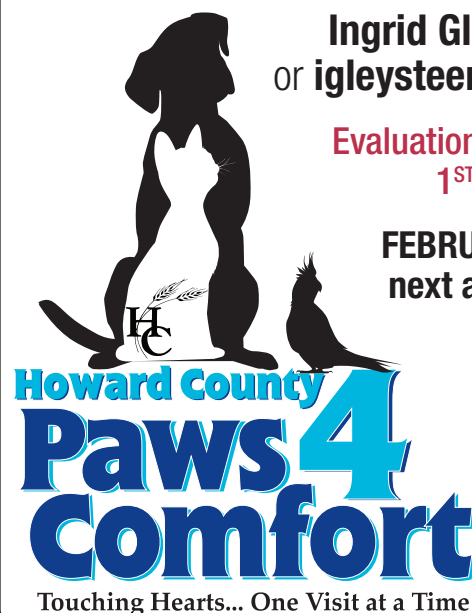
Howard County Paws4Comfort

This program fosters special bonds between pets, their owners and the County residents they visit. If you are interested in volunteering, or wish to attend a free evaluation for your pet, contact:

Ingrid Gleysteen at 410-313-7461
or igleysteen@howardcountymd.gov

Evaluations are held at the Bain Center
1ST WEDNESDAY of every month

FEBRUARY 4 and MARCH 4 are the
next available appointment dates.



The Bain Center
5470 Ruth Keeton Way,
Columbia, MD 21044

 Department of
CITIZEN SERVICES
Aging • Children's Services • Consumer Affairs

www.howardcountyaging.org

February 2015 Calendar of Events

Don't miss these exciting programs and services from the Howard County Office on Aging



20TH ANNUAL PENGUIN PACE 5K

Sunday, February 1, 2015

7:45 a.m. at The Bain Center,
5460 Ruth Keeton Way, Columbia 21044
\$35 Entry Fee includes registration, post
race food/beverages and event shirt.

www.striders.net/events/penguin/2015

Tuesdays, 9 a.m. to noon

Blood Pressure Screenings • Ellicott City Senior Center

February is Heart Month – stop in to for a free blood pressure check.
Sponsored by Howard County General Hospital.

Fridays, Appointments begin at 9 a.m.

Acupuncture with Dawn • Glenwood 50+Center

Come enjoy the relaxing and healing benefits of this ancient practice with
Dawn Kulak (insurance accepted). Call 410-313-5440 to schedule.

Tuesday, February 3, 10 to 11:30 a.m.

Medicare 101: What You Can Expect • Ellicott City Senior Center

Learn how Medicare Parts A (hospital), B (medical) and D (prescription
drug) work, what the benefits are, and when you should make decisions
related to your coverage. Sponsored by SHIP; register at 410-313-7391.

Tuesday, February 3, 10 a.m. to noon

Estate Administration Workshop • Glenwood 50+Center

Join the Register of Wills for an in depth discussion on estate planning in
Maryland. Register at 410-313-5440.

Tuesday, February 3, 10 a.m. to 3 p.m.

Opera Lovers & Lunch • Bain Center

Dr. Sam Stern highlights Umberto Giordano's opera about the French
Revolution poet, Andre Chenier. \$13; register at 410-313-7213 no later
than January 27.

Monday, February 9, 1 to 2 p.m.

Talkin' Broadway: The American Songbook • North Laurel 50+ Center

Follow the evolution of Broadway's rich history through discussions and
live song presentations. Free; call 410-313-0380 to register.

Tuesday, February 10, 10 to 11:30 a.m.

Medicare 102: Why Medicare Isn't Enough • Ellicott City Senior Center

Learn about Medicare Part C (health plans) and how Medicare
Supplement Policies (Medigap Plans) can help cover out of pocket
expenses. Sponsored by SHIP; register at 410-313-7391.

Tuesday, February 10, 10:30 a.m. to noon

Aromatherapy • Elkridge Senior Center

Aromatherapy and essential oils can help with issues of pain and stress;
join us to learn more and enjoy a lavender cream hand massage.
\$4/person; register at 410-313-5192.

Tuesday, February 10, 11 a.m. to noon

Showstoppers and Chart Toppers • Bain Center

Join Terry Marsh for a musical blend of Big Band standards, show
tunes, swing and blues. Free; lunch reservations due by February 3.

To request accommodations to attend any of these events,
call 410-313-5980 one week in advance.

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Wednesday, February 11, noon

Valentine Tea

East Columbia 50+ Center

Savory and sweet treats plus
great conversation! \$6 donation;
register at 410-313-7680.

Thursday, February 12, Noon to 1 p.m.

Lunar New Year Celebration • North Laurel 50+ Center

Celebrate the Year of the Goat with a Chinese meal, music and dance.
\$6/person. Register at 410-313-0380 for lunch no later than February 4.

Friday, February 13, 11 a.m. to 1 p.m.

Motown Memories • North Laurel 50+ Center

Enjoy a special lunch and soulful tunes for Valentine's Day. \$3 plus lunch
contribution. Call 410-313-0380 to reserve lunch by February 4.

Fridays, February 13 and 27

Friday Afternoon at the Movies • Glenwood 50+Center

Join us for a showing of And So It Goes (FEB 13) and This is Where
I Leave You (FEB 27). Cost: \$1 donation; register at 410-313-5440.

Tuesday, February 17, 10:30 to 11:30 a.m.

The Legends of the Black Hi-Story:

Honoring Black History Month • Bain Center

Storyteller Bill Grimmette presents how to reframe, rename and reclaim
the story. RSVP to 410-313-7213 for lunch no later than February 10.

Wednesday, February 18, 11 to 11:45 a.m.

Travel Talk with Rick: Fjords of the World • North Laurel 50+ Center

Experience the beauty of Winter in Alaska, Chile, Antarctica and Norway
with captivating photos and travel opportunities. Details: 410-313-0380.

Thursday, February 19, 10:45 to 11:15 a.m.

Heart Healthy Food Matters • Ellicott City Senior Center

Nutrition Specialist Jodi Bargamian presents a taste of current trends in
nutrition and how food choices impact health. Free; details 410-313-1400.

Friday, February 20, 12:30 p.m.

How Much Salt Do Our Bodies Need? • Ellicott City Senior Center

Rona Martiyan, R. LDN, will offer nutrition info at this lunch 'n learn.
Details, registration or to schedule a personal nutrition appt: 410-313-1400.

Monday, February 23, 11 a.m.

Ask the Pharmacist • Ellicott City Senior Center

Discuss your medication concerns in confidence with Don Hamilton, P.D.,
Consultant Pharmacist. Free; details 410-313-1400.

Monday, February 23, 6 p.m.

Chinese New Year Celebration • East Columbia 50+ Center

Celebrate the Year of the Goat with demonstrations of Tai Chi, Qigong
and Chinese painting, and refreshments. Free; register at 410-313-7680.

Tuesday, February 24, 12:30 to 2 p.m.

**History of Patapsco River Valley: Elkridge to Ellicott City
Elkridge Senior Center**

Learn how the Patapsco area played a major role in the development of
Maryland. Free; register at 410-313-5192.

Wednesday, February 25, 9:30 a.m. to noon

Gelli Plate Printing • East Columbia 50+ Center

Instructor Sherry Pollack provides everything you need to create beautiful
monoprints with acrylic paints. \$30 includes all materials.

Wednesday, February 25, noon

Poker & Pizza: Ladies Texas Hold 'em • East Columbia 50+ Center

Learn to play this fun game of poker. No experience needed, but bring a
sense of humor! Prizes awarded, too! \$5; register at 410-313-7680.

Speakers Bring the Creative Arts to Life

It's a wrap! The first season of Enjoying the Creative Arts ended on a high note, at the performance of "It's a Wonderful Life" at Howard Community College (HCC). Piloted last fall by the Office on Aging's SeniorsTogether program, Enjoying the Creative Arts offered members a behind the scenes look at local productions, gallery exhibits and more.

Sue Kramer, Artistic Director of HCC's Arts Collective, arranged a post-performance discussion with the actors and directors of "It's a Wonderful Life." Since both Sue's daughter, an actor in the play, and her mom participated, attendees were able to view the production through the eyes of three generations.

The program's first speaker, Suzanne Beal, Co-Producing Artistic Director of REP Stage at HCC, presented "Art in Our Lives." Designed as a primer for the group to view art with a fresh perspective, she discussed the impact the arts can have on our lives. "Art encompasses much more than I realized," said one participant.

Stephenie Frasher, a National Gallery of Arts docent, also shared her expertise and insights presenting "A Closer Look at Analyzing Artwork." Participants especially enjoyed describing works of art to one another. "Telling the 'backstory' of the art and artists helped me make a connection. It's what I liked most about our conversation with Stephenie," offered one participant.

For more information about the Enjoying the Creative Arts program, contact the Bain Center at 410-313-7213.

START LIVING WELL TODAY!

DIABETES and other CHRONIC CONDITIONS **CAN** be managed with our 6-week Living Well program!



Living Well With Diabetes

Glenwood 50+Center

Six Wednesdays, April 8 - May 13

9:30 AM - NOON | \$28 includes all materials

Living Well: Take Charge of Your Health

Medical Pavilion Wellness Center at Howard County

Six Fridays, April 10 - May 15

10:00 AM - 12:30 PM | \$28 includes all materials



Contact: WENDY FARTHING
wfarthing@howardcountymd.gov

410-313-3506

howardcountyagingmd.gov/aging



strong • savvy • sage

WOMENFEST

A Health & Wellness Event for Women

A signature event designed to inspire women to live a more balanced, healthier and fulfilled life!

Saturday, April 25, 2015
10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

Don't miss the 7th Annual WomenFest!

Build Your Healthy Tomorrow, Today!

Featuring keynote speaker, Lynne Brick, president, Brick Bodies Fitness Services, Inc.

Plus, workshops on self-defense, heart health, painting on canvas, financial wellness, and keeping relationships strong!

There's something for everyone at WomenFest!

Bring your mom, grandmothers, sisters, daughters, and friends for a day of fun and shopping featuring 90+ vendors, informative seminars, important health screenings, door prizes and more!



www.howardcountyaging.org/womenfest

Making Your Home More Accessible Could Earn You a Tax Credit!

THE HOWARD COUNTY LIVABLE HOMES TAX CREDIT

Make improvements now to create a more accessible home for your future and save money!

When you install certain types of accessibility features in your primary County residence (ramps, stair glides, reinforced walls and grab bars) you could be eligible for credit against your county tax bill.

Applications are processed through the Howard County Department of Finance in the order received until all program funds have been exhausted.



For more information, contact:

HOWARD COUNTY DEPARTMENT OF FINANCE
410-313-2062

or **MARYLAND ACCESS POINT** at **410-313-5980**

FOR ADDITIONAL DETAILS AND APPLICATIONS, GO TO

www.howardcountymd.gov/livablehomes